

Often causes avoidance of things, people or places likely to trigger obsessions

Obsessions (thoughts, images, urges) + compulsive behaviours

Obsessions are unwanted, persistent, anxiety-provoking & distressing

Themes may include harm, contamination, sexual intrusive thoughts, etc

Ego-dystonic = obsessions are against person's values, causing self-disgust

Compulsions are repetitive behaviours aiming to relieve the anxiety

May include checking, counting, repetition, tapping etc

Can be internal - e.g. checking how you feel, repeating words in head

OCD

OBSESSIVE COMPULSIVE DISORDER

Obsessive Compulsive Disorder The Ultimate Guide To Ocd

Hongru Du



Obsessive Compulsive Disorder The Ultimate Guide To Ocd:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Obsessive Compulsive Disorder The Ultimate Guide To Ocd**

In a global inundated with displays and the cacophony of instant communication, the profound power and mental resonance of verbal art often fade into obscurity, eclipsed by the regular assault of sound and distractions. Yet, situated within the musical pages of **Obsessive Compulsive Disorder The Ultimate Guide To Ocd**, a captivating work of fictional beauty that pulses with raw feelings, lies an wonderful journey waiting to be embarked upon. Published with a virtuoso wordsmith, that magical opus manuals readers on a mental odyssey, softly revealing the latent potential and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main styles, dissect their interesting writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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